

Free Online Compassion Course for *Veterinarian Mental Wellbeing:*



Who can access it?

Any university student or qualified veterinarian in academia or practice wanting to enhance their mental wellbeing.

What is the evidence?

Feasibility and randomised control trial research has shown the course to significantly improve resilience and self-compassion and reduce rumination and self-criticism amongst veterinarians (Corthorne et al., in press; Wakelin et al., 2022 <https://doi.org/10.1002/vetr.2177>)



Why is this available?

The evidence-based course is available to the veterinarian community as a free resource to support mental health due to growing recognition of the challenges the profession face.

What is involved?

- 1 Complete a short questionnaire before starting the course*
- 2 Watch a 10–15-minute video every day for 14 days to improve your self-compassion skills.
- 3 Complete a short questionnaire upon finishing the course*

**Note: Anonymous data is collected to monitor the continual use and impact of the course within the veterinary community in a service evaluation.*

Accessing the Online Compassion Course for Veterinarian Mental Wellbeing:

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Watch a 10-15minute video every day for 14 days to improve your self-compassion skills.

Day	Content	Link
1	Introduction: Compassion and Self-Criticism	https://youtu.be/jWy4rxchsj4
2	Introduction: Emotions and the Three Systems	https://youtu.be/aVjaBBPMo5I
3	Exercise: Posture and Soothing Rhythm Breathing	https://youtu.be/CPkGrB1NQvk
4	Exercise: Mindful Attention	https://youtu.be/09rV-thtNjU
5	Exercise: Compassionate Qualities	https://youtu.be/7hFC8dmvlks
6	Exercise: Expressing Compassion Towards your Struggling Self	https://youtu.be/gID-cJBEwjs
7	Exercise: Compassion Towards a Self-Critical Thought	https://youtu.be/IXZlm4I5JZE
8	Exercise: Ideal Compassionate Other	https://youtu.be/ZGgDDxaxygk
9	Exercise: Posture and Soothing Rhythm Breathing	https://youtu.be/fWAWPQcokYo
10	Exercise: Mindful Attention	https://youtu.be/9KujjUbpw5k
11	Exercise: Compassionate Qualities	https://youtu.be/Vh_OhhohJH0
12	Exercise: Expressing Compassion Towards your Struggling Self	https://youtu.be/UI1HWz5hENA
13	Exercise: Compassion Towards a Self-Critical Thought	https://youtu.be/b6tL6gT2Lls
14	Exercise: Ideal Compassionate Other	https://youtu.be/RvjDlyS230

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Complete a short survey before starting the course here:

https://surreyfaahs.eu.qualtrics.com/jfe/form/SV_0uE1bmDsvPZ6H30

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Complete a short questionnaire upon finishing the course.

https://surreyfaahs.eu.qualtrics.com/jfe/form/SV_77XintCeaEIGFQW